



Altoona High School Lunch Menu December 2018



What is a Meal?
A minimum of 3 of the 5 components
At least 1/2 cup serving of fruit or vegetable
must be selected to make a meal

What is a Component?
Meat or Meat Alternate
Grain/Bread
Choice of Vegetable
Choice of Fruit
Choice of Milk
(Skim, 1% white, and fat-free chocolate)

Daily Fruit Selections May Include:
oranges, apples, bananas, grapes, pears,
peaches, cantaloupe, melon, strawberries,
applesauce, pineapple, mandarin oranges,
100% fruit juice

Grill Selections May Include:
Hamburger, Cheeseburger,
Chicken Patty, Spicy Chicken Patty,
Chicken Nuggets, Grilled Cheese

Deli Selections May Include:
Turkey, Ham, Buffalo Chicken on
Wraps, Hoagies, or Flatbread

Pizza Selections May Include:
Cheese, Pepperoni, Buffalo Chicken Pizza,
Stuffed Crust Pizza

Fresh Salads May Include:
Chicken Caesar
Chopped Garden

Chicken Nuggets - Chicken Tenders
Popcorn Chicken - Chicken Patties



Lunch Prices:
Student \$2.05
Reduced \$.40
Adult \$3.05

Heather Reimer
General Manager
814-946-8271
hreimer@asdsat.com

USDA is an equal opportunity provider and

Monday	Tuesday	Wednesday	Thursday	Friday
3 Hot Turkey Bacon Swiss on a Croissant Steamed Corn Baby Carrots Choice of Fruit Choice of Milk	4 Loaded Nachos Refried Beans Pico de Gallo Choice of Fruit Choice of Milk	5 Pepperoni Roll with Sauce Green Peas Red Pepper Strips Choice of Fruit Choice of Milk	6 General Tso's Chicken over Rice Steamed Broccoli Celery Sticks Choice of Fruit Choice of Milk	7 Meat Lovers Pizza French Fries Cucumber Slices Choice of Fruit Choice of Milk
10 Smothered Cheese Steak Hoagie Green Beans Baby Carrots Choice of Fruit Choice of Milk	11 Walking Taco Mexican Rice Refried Beans Green Peas Choice of Fruit Choice of Milk	12 Cowboy Burger Broccoli Salad Red Pepper Strips Choice of Fruit Choice of Milk	13 Pasta with Meat Sauce Breadstick Steamed Carrots Italian Salad Choice of Fruit Choice of Milk	14 HOLIDAY MEAL Turkey with Stuffing Mashed Potatoes Corn Choice of Fruit Choice of Milk
17 Mac and Cheese Stewed Tomatoes Celery Sticks Choice of Fruit Choice of Milk	18 Crunchy Tacos Refried Beans Steamed Corn Choice of Fruit Choice of Milk	19 Bacon Cheeseburger French Fries Green Beans Choice of Fruit Choice of Milk	20 Popcorn Chicken with Breadstick Steamed Broccoli Red Pepper Strips Choice of Fruit Choice of Milk	21 NO SCHOOL INSERVICE
24 NO SCHOOL	25 NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL
31 NO SCHOOL 				Nutritious Friend of the Month is Red Beets